

*The* ROYAL MARSDEN

NHS Foundation Trust

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## Going home after your procedure (upper GI)

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**Endoscopy Suite, Chelsea**

**Patient Information**



**NHS**

Your procedure was carried out with a **local anaesthetic throat spray**. You must wait until the throat spray has worn off before you eat and drink. This usually takes about 30 minutes, but may take up to two hours.

Your procedure was carried out with sedation, therefore you must have someone responsible, aged 18 or above, available to stay with you for at least six hours afterwards.

**For at least 24 hours following an endoscopic procedure where you have had sedation, you must not:**

- Drive or ride a bicycle
- Operate machinery
- Sign legal papers
- Go out walking alone
- Drink alcohol
- Take sleeping tablets
- Look after young children alone.

Also, be very careful when using electrical appliances, cookers, hot saucepans and so on. You may eat as normal after discharge.

**Symptoms to expect**

- You may have a sore throat, which can last up to 48 hours. This will wear off but simple lozenges may help.
- You may also feel a little bloated if some air remains in your bowel. This should pass naturally. In order to relieve this feeling of discomfort, it would help to walk around. Warm drinks and peppermints may also help you to pass wind. If you are feeling pain, you may find it helpful to take a painkiller, such as paracetamol.

## Complications

You should seek medical help immediately if you develop any of the following symptoms:

- Severe chest or shoulder pain
- Persistent vomiting
- If bowel motions turn black or contain dark blood
- Severe abdominal pain
- Worsening abdominal swelling
- Shortness of breath
- Fever (above 38°C) and/or chills.

## Contact details

For routine advice, please contact the Endoscopy Suite on: **020 7811 8328 or 020 7811 8320** (Monday to Friday, 8am – 5pm).

Outside of working hours, please contact The Royal Marsden switchboard on **020 7352 8171** and ask to speak with the Clinical Site Practitioner at Chelsea.

## In an emergency

Telephone your GP surgery or out of hours service (your GP 24 hours number) or else phone or go to your nearest A&E (Accident and Emergency) and then inform the Endoscopy Department at The Royal Marsden.

**The Royal Marsden Macmillan Hotline - 020 8915 6899**

You can ring the Hotline 24 hours a day, 7 days a week.

Call us straight away if you are feeling unwell or are worried about the side effects of cancer treatments. This service provides specialist advice and support to all Royal Marsden patients, as well as to their carers, and both hospital and community-based doctors and nurses caring for Royal Marsden patients.

For further information, please visit The Royal Marsden website:  
[www.royalmarsden.nhs.uk/your-care/support-services/royal-marsden-macmillan-hotline](http://www.royalmarsden.nhs.uk/your-care/support-services/royal-marsden-macmillan-hotline)

## References

This booklet is evidence based wherever the appropriate evidence is available, and represents an accumulation of expert opinion and professional interpretation.

Details of the references used in writing this booklet are available on request from:

The Royal Marsden Help Centre

Freephone: 0800 783 7176

Email: [patientcentre@rmh.nhs.uk](mailto:patientcentre@rmh.nhs.uk)

No conflicts of interest were declared in the production of this booklet.

Should you require information in an alternative format, please contact The Royal Marsden Help Centre.

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[royalmarsden.org](http://royalmarsden.org)

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